CHAPTER 6

Eggs and Cheese

Eggs, cheese, and milk are basic ingredients in many quantity recipes, and their cookery requires carefully controlled temperatures and cooking times.

EGGS

Market Forms

Fresh Eggs

The quality of an egg is indicated by grade and is not related to size. Federal quality standards, determined by both interior and exterior quality, classify fresh shell eggs as AA, A, and B. Grades AA and A are best for poaching, frying, and cooking in the shell because the yolks are firm, round, and high, and the thick white stands high around the yolk.

Eggs are classified also according to size and are available as jumbo (30 oz per doz), extra large (27 oz per doz), large (24 oz per doz), medium (21 oz per doz), and small (18 oz per doz). Recipes in this book were tested using large eggs. Substituting smaller or larger eggs in recipes where exact proportions are important will require some calculation based on weights. Table 1.3 gives additional information on weights for whole eggs, whites, and yolks.

Eggs are susceptible to bacterial growth, so proper storage, handling, and cooking are important in maintaining quality. Fresh eggs deteriorate rapidly at room temperature and should be refrigerated at 410°F or below. If kept under proper refrigeration they will retain their quality for 3 weeks. Eggs should be kept in their case to prevent loss of moisture and should be stored away from foods with strong odors.

Processed Eggs

Although fresh shell eggs are used extensively for table service, processed eggs are convenient to use in many food products and eliminate the time-consuming task of breaking eggs. Whole eggs, whites, yolks, and various blends are available in liquid, frozen, and dried forms. All egg products must be processed in sanitary facilities under USDA supervision and bear the USDA inspection mark. They must be pasteurized and are routinely analyzed for salmonella contamination. Processed eggs may be contaminated easily and care must be taken to handle them properly.

Frozen Eggs. Eggs may be purchased frozen whole or in the form of whites or yolks, and they are available in containers of various sizes. High-quality eggs are used for frozen eggs, and they are suitable for omelets, scrambled eggs, and French toast, as well as for baking.

Frozen egg products should be transferred to refrigerators or freezers immediately upon delivery. Store frozen eggs at 0°F or below, and when defrosting, leave in the refrigerator. Never thaw at room temperature. If 30-lb cans are used, they require 2–3 days to defrost in the refrigerator. Use defrosted eggs promptly. Refrigerate any unused portion and use within 1–3 days.

Dried Eggs. Dried eggs are used less frequently than frozen and fresh eggs and are used primarily for baking. They should be stored in a cool, dry place where the temperature does not exceed 50°F, preferably in the refrigerator. After opening a package, any unused portion should be refrigerated in a container with a close-fitting lid.

Reconstitute only the amount that will be used immediately. Dried eggs may be blended with water; more often they are combined with other dry ingredients in the recipe and the amount of water needed to reconstitute is added. Reconstituted eggs should be used immediately or refrigerated promptly in an airtight container and used within an hour.

See Table 1.3 for substituting processed for shell eggs.

Egg Cookery

Important rules in egg cooking are to use low temperatures and short cooking times. Eggs should be cooked until the white is completely coagulated (set) and the yolk begins to thicken. It is not necessary to cook eggs until hard or rubbery to kill bacteria that may be present. Egg white coagulates between 140°F and 149°F. Whole eggs cooked until the white is set (completely coagulated and firm) and the yoke is beginning to thicken (no longer runny but not hard) are considered to have met necessary time and temperature requirements for safety.

Poached, soft- or hard-cooked, and scrambled eggs should be prepared as close to service as possible by batch cooking or cooking to order. If eggs must be held on a hot counter, they should be undercooked slightly to compensate for the additional heating that will occur. Directions for cooking eggs are given beginning on p. 271.

CHEESE AND MILK

Cheese Cookery

Cheese used in cooking should be appropriate in flavor and texture to the item being prepared and should blend well with other ingredients. Aged natural cheese or processed cheese blends more readily than green or unripened cheese. Processed cheese is a blend of fresh and aged natural cheeses that have been melted, pasteurized, and mixed with an emulsifier. It has no rind or waste, is easy to slice, and melts readily. During processing, however, it loses some of the characteristic flavor of natural cheese. For this reason, a natural cheese with a more pronounced flavor may be preferred for cheese sauce and as an addition to other cooked foods where a distinctive cheese flavor is desired.

Cheese to be combined with other ingredients usually is ground, shredded, or diced to expedite melting and blending. Cheese melts in a 300°–325°F oven, so baked dishes containing cheese should be cooked at a temperature no higher than 350°F. Excessive temperature and prolonged cooking cause cheese to toughen and become stringy and the fat to separate. When making cheese sauce, the cheese should be added after the white sauce is completely cooked and the mixture heated only enough to melt the cheese. When cheese is used as a topping, a thin layer of buttered bread crumbs will protect it from the heat and from becoming stringy.

Because it is available in many forms, cheddar cheese is commonly used in quantity food preparation and ranges in flavor from mild to very sharp. Cheese may be used for appetizers, sandwiches, and salads, or with crackers and fruit for dessert (see p. 265 for dessert suggestions). Table 6.1 lists some of the most common cheeses.

Milk Cookery

Milk should be heated or cooked at a low temperature. At high temperatures the protein in milk coagulates, leaving a film on the surface and a coating on the sides of the kettle. This coating tends to scorch when milk is heated over direct heat. To prevent formation of this coating, milk should be heated over water, in a steamer, or in a steam-jacketed kettle. Whipping the milk to form a foam or tightly covering the pan and heating the milk to below boiling temperature help to prevent formation of a surface film.

Curdling may be caused by holding the milk at high temperature or by adding foods containing acids and tannins. For example, the tannins in potatoes often cause curdling of the milk used in scalloped potatoes. Milk in combination with ham or certain vegetables, such as asparagus, green beans, carrots, peas, or tomatoes, may curdle. Curdling may be lessened by limiting the salt used, adding the milk in the form of a white sauce, keeping the temperature below boiling, and shortening the cooking time. Danger of curdling in tomato soup may be lessened by adding the tomato to the milk, by having both milk and tomato hot when they are combined, or by thickening the milk or tomato juice before they are combined.

Dry milk is substituted often for fluid milk in quantity cooking, because dry milk is comparatively lower in cost and easy to handle and store. It is available as whole milk, nonfat milk, and buttermilk. Nonfat dry milk is pure, fresh milk from which the fat and water have been removed. It has better keeping qualities than dry whole milk, although both should be kept dry and cool. Once reconstituted, dry milk should be refrigerated.

When dry milk is used in recipes that contain a large proportion of dry ingredients, such as bread, biscuits, and cakes, the only change in method would be to mix the unsifted dry milk with the other dry ingredients and use water in place of fluid milk. For best

TABLE 6.1 Guide to natural cheeses

Type	*Fat grams per ounce (approx.)*	*Characteristics*	*Mode of serving*
American	9	Mild flavor; semisoft to soft; smooth, plastic body; processed	In sandwiches, on crackers
Asiago		Sharp, semisoft to hard	Sliced with fruit, grated in pasta, soups, sauces
Bel Paese		Mild to moderately robust flavor; soft; smooth waxy body	On crackers, with fruit, in sandwiches; as such (dessert)
Blue (bleu)	8	Tangy, piquant flavor; semisoft, pasty sometimes crumbly texture; white interior marbled or streaked with blue veins of mold; resembles Roquefort	In dips, salad dressings, and cooked foods; as such (dessert)
Boursin		Mild; smooth; creamy; often flavored with herbs, garlic, peppers	Breakfast; with fruit; filling for baked chicken breasts
Brick	8	Mild to moderately sharp flavor; semisoft to medium firm, elastic texture, creamy white to yellow interior; brownish exterior; slices well without crumbling	In salads and sandwiches; as such (dessert)
Brie	8	Mild to pungent flavor; soft, smooth texture; creamy yellow interior; edible thin brown and white crust	As such (dessert)
Camembert		Distinctive mild to tangy flavor; smooth texture, almost fluid when fully ripened; creamy yellow interior; edible thin white or gray-white crust	As such (dessert)
Cheddar	9	Mild to very sharp flavor; hard, smooth, firm body; can be crumbly; light cream to orange	As such; in sandwiches, cooked foods
Colby	9	Mild to mellow flavor, similar to cheddar; softer body and more open texture than cheddar; light cream to orange	As such; in sandwiches, cooked foods
Cottage	5 (creamed)	Mild, slightly acid flavor; soft, open texture with tender curds of varying size; white to creamy white	As such; in salads, dips, cooked foods
Cream	10	Delicate, slightly acid flavor; soft, smooth texture; white	As such; in salads, in sandwiches, in dips, on crackers, on sweet breads
Edam	7	Mellow, nutlike, sometimes salty flavor; rather firm, rubbery texture, creamy yellow or medium yellow-orange interior; surface coated with red wax; usually shaped like a flattened ball	As such; on crackers, with fresh fruit
Feta	6	Salty; soft, flaky, similar to very dry, high-acid cottage cheese; white	As such; in cooked foods; in salads
Fontina		Mild, creamy, nutty	With fruits; in sauces, soups
Gorgonzola		Sharp; creamy; like Blue	As such; in salads; with fruits
Gouda	7	Mellow, nutlike flavor, similar to Edam; smooth texture, often containing small holes; creamy yellow or medium yellow-orange interior; usually has a red wax coating; usually shaped like a flattened ball	As such, on crackers, with fresh fruit, in cooked dishes

Continues

TABLE 6.1 *continued*

Type	*Fat grams per ounce (approx.)*	*Characteristics*	*Mode of serving*
Gruyère		Nutlike, salty flavor, similar to Swiss but sharper; firm, smooth texture with small holes or eyes; light yellow	As such (dessert); fondue
Havarti		Pale yellow; many small holes; mild; creamy; often flavored with herbs	As such; sandwiches
Jarlsberg		Mild and firm, similar to Swiss	In sauces; with crackers, fruit
Mascarpone		Very mild; sweet; extremely smooth and creamy; pale ivory color	Sweet and savory sauces; as a spread on bread; with fresh fruit
Monterey Jack	9	Very mild flavor; semisoft (whole mild), hard (lowfat or skim milk); smooth texture with small opening throughout; creamy white	As such; in sandwiches; grating cheese if made from lowfat or skim milk
Mozzarella	5 (part skim)	Delicate, mild flavor; semisoft, plastic texture; creamy white	As such; used in cooking, on pizza
Muenster	9	Mild to mellow flavor; semisoft; smooth, waxy body, numerous small mechanical openings; yellow, tan, or white surface; creamy white interior	As such; in sandwiches
Neufchâtel (reduced-fat cream cheese)	7	Soft, smooth, creamy	As such; in sandwiches, dips, salads
Parmesan	7	Sharp, distinctive flavor; very hard, granular texture; yellowish white	Grated on salads, in soups and pasta dishes
Port du Salut		Mellow to robust flavor similar to Gouda; semisoft, smooth elastic texture; creamy white or yellow	As such (dessert); with fresh fruit; on crackers
Provolone	8	Bland, acid flavor to sharp and piquant; hard, stringy texture; slices without crumbling; plastic	As such (dessert) after it has ripened for 6–9 months; in sandwiches
Ricotta	10 (part skim)	Bland but semisweet; soft, moist, and grainy or dry; similar to cottage cheese but dry	As such; in cooked foods
Romano		Very sharp, piquant flavor; very hard, brittle, granular texture; yellowish white interior	Grated on salads, soups, pasta, pizza
Roquefort		Sharp, peppery, piquant flavor; semisoft pasty, sometimes crumbly texture; white interior streaked with blue-green veins of mold. See Blue.	As such (dessert); in salads, salad dressings; on crackers
Stilton		White or pale yellow with blue veins; pungent, rich, tangy	As such (dessert); with crackers, fruit, port
Swiss, Emmentaler (firm)	8	Mild, sweet, nutlike flavor; hard, smooth with large gas holes or eyes; pale yellow	As such; in sandwiches, with salads; fondue

Based on information from the National Dairy Council, Rosemont, IL.

results, dry milk should be weighed, not measured. Package directions for reconstituting dry milk solids should be followed. A general guide is to use 3.5 ounces, by weight, of instant or regular spray process nonfat dry milk plus 3¾ cups water to make 1 quart liquid milk; or 1 pound plus 3¾ quarts water to make 1 gallon. The same proportion is used for dry buttermilk. For some foods, additional fat (1.2 oz per quart of liquid) should be added. Additional amounts of nonfat dry milk may be added to some foods to supplement their nutritional value, although excessive amounts that affect palatability should not be used.

EGG AND CHEESE RECIPES

PROCEDURE FOR COOKING EGGS

Method	*Equipment and procedure*
Hard or Soft Cooked (in Shell)	**Kettle:** 1. Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), timing as follows: *Soft cooked* — 5–7 minutes; *Hard cooked* — 10–15 minutes 2. Immerse hard-cooked eggs in cold water or serve immediately. Serve soft-cooked eggs immediately after cooking. **Steamer:** 1. Place eggs in perforated counter pans, 3 doz per 12 × 20 × 2-inch pan. 2. Place in steamer and time as follows: *Pressure* / *Soft cooked* / *Hard cooked* 5 lb / 5–7 minutes / 8–10 minutes 15 lb / 4–6 minutes / 7–9 minutes 0 lb / 6–8 minutes / 9–10 minutes 3. Immerse in cold water or serve immediately.
Hard Cooked (out of Shell)	**Steamer:** 1. Crack eggs into a 12 × 20 × 2-inch solid, greased counter pan. Eggs should be thick enough in pans so whites come up to level of yolks (4 doz per pan). 2. Place in steamer and time as follows: *Pressure* / *Hard cooked* 5 lb / 6–8 minutes 15 lb / 5–7 minutes 0 lb / 6–8 minutes 3. Remove from steamer and drain off any accumulated condensate. Chop and cool quickly (within 4 hours) to below 41°F.
Poached	**Fry pan or kettle:** 1. Break eggs into individual dishes. Carefully slide eggs into simmering water in fry pan or other shallow pan. The addition of 1 Tbsp salt or 2 tsp vinegar to the water increases the speed of coagulation and helps maintain shape. 2. Keep water at simmering (not boiling) temperature. Cook 5 minutes. 3. Remove eggs with slotted spoon. **Steamer:** 1. Break eggs into water in 12 × 10 × 2-inch counter pans. 2. Place eggs into steamer and time as follows: *Pressure* / *Soft poached* 5 lb / 3–4 minutes 15 lb / 2–3 minutes 0 lb / 3–5 minutes 3. To serve, lift out of water into a warmed pan.
Fried	**Skillet or griddle:** 1. Break eggs into individual dishes. Slide carefully into hot fat in skillet or on griddle. 2. Cook over low heat until of desired hardness, 5–7 minutes: *Sunnyside:* 7 minutes at a cooking surface temperature of 250°F. *Over easy:* 3 minutes at a cooking surface temperature of 250°F on one side, then turn the egg and fry for another 2 minutes on the other side.
Scrambled	See recipe, p. 272

Continues

Notes

- Hard-cooked eggs will peel easier if the raw eggs have been held in the refrigerator for 24 hours before cooking. A greenish color may appear on the yolks of hard-cooked eggs when the eggs have been overcooked or allowed to cool slowly in the cooking water. Cooking the eggs for the minimum length of time required to make them solid and cooling them in cold running water or ice water help to prevent this color formation.
- Cook scrambled eggs in small batches (no larger than 3 quarts) until no visible liquid egg remains. Do not combine raw egg mixture with cooked scrambled eggs. Keep scrambled egg mixture below 41°F.
- Do not combine eggs that have been held in a steam table pan with a fresh batch of eggs. Always use a fresh steam table pan.
- The practice of breaking large quantities of eggs together and holding for a period of time greatly increases the risk of bacterial contamination.
- Never leave eggs or egg-containing products at temperatures between 40°F and 140°F (room temperature) for more than 1 hour (including preparation and service).
- Hold cold egg dishes below 41°F.
- Hold hot egg dishes above 140°F. Do not hold hot foods on buffet line for longer than 30 minutes.
- When refrigerating a large quantity of a hot egg-rich dish or leftover, divide into several shallow containers so it will cool quickly. See p. 44 for recommended cooling procedures.

SCRAMBLED EGGS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Eggs (see Notes)	75 (8 lb 3 oz)	Break eggs into mixer bowl. If using frozen eggs, defrost. Beat slightly on medium speed, using wire whip attachment.
Milk Salt	1½ qt 2 Tbsp	Add milk and salt to eggs. Beat until blended. Refrigerate mixture, removing small amounts as needed.
Margarine	8 oz	Melt margarine in fry pan, griddle, or steam-jacketed kettle. Pour in egg mixture (see Notes). Cook over low heat, stirring occasionally, until of desired consistency. Eggs should be glossy and 165°F. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 162

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 12 g	**19%**	**Cholest.** 320 mg	**107%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**16%**	**Calcium**	**7%**
Sat. Fat 4 g	**18%**	**Sodium** 407 mg	**17%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 10 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold uncooked mixture below 41°F and cooked eggs above 140°F.
- Breaking and pooling large quantities of shell eggs is not recommended.
- Recommend using pasteurized eggs when scrambled egg mixture must be held longer than 2 hours.
- The type of equipment used will determine batch size. Eggs should be cooked in small batches and held for a minimum amount of time before serving.
- **Steamer method.** Melt 4 oz margarine in each of two steamer or counter pans. Pour egg mixture into pans. Steam for 6–8 minutes at 5 lb pressure until desired degree of hardness is reached.

- **Oven method.** Melt 4 oz margarine in each of two counter or baking pans. Pour egg mixture into pans. Bake approximately 20 minutes at 350°F, stirring once after 10 minutes of baking.
- For lower cholesterol, egg whites may be substituted for half of the whole eggs.

Variations

- **Scrambled Eggs and Cheese.** Add 1 lb grated cheddar cheese.
- **Scrambled Eggs and Chipped Beef.** Add 1 lb chopped chipped beef. Reduce salt to 1 Tbsp or less.
- **Scrambled Eggs and Ham.** Add 1 lb 4 oz chopped cooked ham. Reduce salt to 1 Tbsp or less.

CREAMED EGGS

Yield: 50 portion *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	75	Peel eggs. Set aside for later step. Refrigerate if not using immediately.
Margarine Flour, all-purpose Salt Pepper, white	1 lb 8oz 1 oz (1½ Tbsp) ¼ tsp	Melt margarine. Add flour, salt, and pepper. Stir until smooth. Cook for 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
		Slice or quarter hard-cooked eggs. Refrigerate if not using immediately. When ready to serve, pour hot sauce over eggs. Mix carefully. Reheat if necessary to 165°F.

Approximate nutritive values per portion **Calories** 242

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	27%	**Cholest.** 330 mg	110%	**Total Carb.** 8 g	3%	**Vitamin A**	19%	**Calcium**	13%
Sat. Fat 5 g	27%	**Sodium** 410 mg	17%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	7%
Protein 13 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Curried Eggs.** Substitute chicken broth for 2 qt of the milk. Add 2 Tbsp curry powder. May be served with steamed rice or chow mein noodles.
- **Eggs à la King.** Substitute Chicken Stock for 2 qt of the milk. Add 1 lb mushrooms that have been sautéed, 12 oz chopped green peppers, and 8 oz chopped pimiento.
- **Goldenrod Eggs.** Mash or rice egg yolks. Add sliced whites to sauce. Serve on toast. Sprinkle mashed yolks over the top.
- **Scotch Woodcock.** Add 1 lb sharp Cheddar cheese to sauce. Cut eggs in half lengthwise and place in pans. Pour sauce over eggs. Cover with buttered crumbs. Bake until heated through and crumbs are brown.

BAKED OMELET

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt Pepper, white	12 oz 8 oz 2 Tbsp ½ tsp	Melt margarine. Add flour and seasonings. Stir until smooth. Cook 5 minutes.
Milk	3 qt	Add milk gradually, stirring constantly with a wire whip. Cook until thick.
Egg yolks, beaten	24 (15 oz)	Add egg yolks and mix well with wire whip.
Egg whites	24 (1 lb 12 oz)	Beat egg whites until they form rounded peaks. Fold into egg yolk mixture.
		Pour mixture into two greased 12 × 20 × 2-inch baking pans, 5 lb per pan. Set pans in counter pans with 3 cups of hot water in each. Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 146

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	16%	**Cholest.** 122 mg	41%	**Total Carb.** 7 g	2%	**Vitamin A**	21%	**Calcium**	9%
Sat. Fat 3 g	16%	**Sodium** 394 mg	16%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	3%
Protein 6 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Hold at internal temperature above 140°F.

Variations

- **Bacon Omelet.** Fry 1 lb 8 oz diced bacon; substitute bacon fat for margarine in white sauce. Add diced bacon to egg mixture.
- **Cheese Omelet.** Add 12 oz grated cheese before placing pans in ovens.
- **Cheese and Bacon Omelet.** Combine 8 lb eggs, 1 Tbsp (¾ oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 12 dipper onto lightly greased preheated grill. Cook until set. Portion 1 oz shredded processed cheese and ½ oz cooked crumbled bacon over each omelet. Fold omelet with spatula. Place in 12 × 20 × 2-inch pans. Cover and keep hot. Prepare 3 lb cheese and 1 lb 8 oz bacon for 50 omelets.
- **Grilled Cheese Omelet.** Combine 11 lb eggs, 1½ Tbsp (1 oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 8 dipper onto lightly greased preheated grill. As omelet begins to set, portion 1½ oz shredded processed cheese over each (4 lb 8 oz for 50 omelets). Fold omelet with spatula and place in 12 × 20 × 2-inch pans. Cover and keep hot.
- **Ham Omelet.** Add 3 lb finely diced cooked ham. Reduce salt to 1 Tbsp or less.
- **Jelly Omelet.** Spread 1 lb tart jelly over cooked omelet.
- **Mushroom and Cheese Omelet.** Add 8 oz grated cheese and 6 oz sliced mushrooms.
- **Spanish Omelet.** Add 8 oz chopped green chilies to egg mixture. Serve with Spanish Sauce (p. 574).

POTATO OMELET

Yield: 56 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Bacon slices	50	Arrange bacon, slightly overlapping, in baking pans. Cook in oven at 400°F until crisp. Remove from pans. Place on paper towels to absorb fat.
Potatoes, cooked, diced	9 lb (EP)	Brown potatoes slightly in bacon fat. Remove to two greased 12 × 20 × 2-inch baking pans, 4 lb 8 oz per pan.
Eggs, beaten Salt Pepper, white Pepper, cayenne Milk, hot	36 (3 lb 15 oz) 2 oz 1 tsp few grains 3 qt	Combine eggs, milk, and seasonings. Pour over potatoes.
		Bake at 325°F for approximately 1 hour, or until set, 180°F internal end-point temperature. Serve as soon as removed from oven. Cut 4 × 7. Place a slice of crisp bacon on top of each serving.

Approximate nutritive values per portion **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 148 mg	**49%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**8%**	**Calcium**	**8%**
Sat. Fat 3 g	**15%**	**Sodium** 552 mg	**23%**	Fiber 2 g	**7%**	**Vitamin C**	**19%**	**Iron**	**4%**
Protein 9 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold at internal temperature above 140°F.
- 4 oz chopped green pepper and 4 oz chopped onion may be added.

Variation

- **Potato-Ham Omelet.** Omit bacon. Add 4 lb diced cooked ham to potatoes. Reduce salt to 1 Tbsp.

CHINESE OMELET

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Rice, long-grain Water Salt Margarine or vegetable oil	2 lb (AP) 2½ qt 1 Tbsp 1 Tbsp	Cook rice according to directions on p. 399.
Margarine Flour, all-purpose Salt	4 oz 2 oz 1 tsp	Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	1 qt	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, sharp, shredded	1 lb	Add cheese to white sauce. Stir until cheese is melted.
Egg yolks Mustard, dry Salt Paprika	24 (15 oz) 1 tsp 2 Tbsp 1 tsp	Beat egg yolks until light and fluffy. Add seasonings. Add to cheese sauce. Stir until smooth. Add rice and mix to blend
Egg whites	24 (1 lb 12 oz)	Beat egg whites until they form soft peaks. Fold into rice mixture.
		Pour into two greased 12 × 20 × 2-inch pans, 7 lb per pan. Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature. Cut 4 × 6. Serve with Cheese Sauce (p. 561), Italian Tomato Sauce (p. 573), or Mushroom Sauce (p. 566).

Approximate nutritive values per portion **Calories** 185

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 126 mg	42%	**Total Carb.** 18 g	6%	**Vitamin A**	21%	**Calcium**	12%
Sat. Fat 4 g	19%	**Sodium** 614 mg	26%	Fiber 0.4 g	1%	**Vitamin C**	0%	**Iron**	6%
Protein 8 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

EGG AND SAUSAGE BAKE

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Bread, sliced	2 lb 8 oz	Cut bread in cubes. Cover bottoms of two greased 12 × 20 × 2-inch baking pans with bread cubes. Pans should be well covered.
Sausage, bulk	9 lb	Brown sausage. Drain well.
Cheddar cheese, shredded	2 lb 8 oz	Spread cheese and sausage over bread cubes.
Eggs, beaten Milk Mustard, dry	42 (4 lb 8 oz) 3 qt 1½ Tbsp	Combine eggs, milk, and mustard. Pour over mixture in pans, 2½ qt per pan. May be mixed, covered, and refrigerated overnight.
		Bake uncovered at 325°F for approximately 1 hour or until set, 180°F internal end-point temperature. If browning too fast, cover with foil. Cut 4 × 6.

Approximate nutritive values per portion — **Calories** 568

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 42 g	**64%**	**Cholest.** 286 mg	**95%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**17%**	**Calcium**	**30%**
Sat. Fat 17 g	**84%**	**Sodium** 1483 mg	**62%**	Fiber 3 g	**11%**	**Vitamin C**	**3%**	**Iron**	**14%**
Protein 32 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Chopped ham or bacon may be substituted for sausage.

Variations

- **Sausage-Potato Bake.** Substitute frozen hashed brown potatoes for bread cubes.
- **Egg-Potato Bake.** Delete sausage. Substitute frozen hashed brown potatoes for bread cubes.

ROASTED PEPPER AND BASIL FRITTATA

Yield: 48 portions *Portion:* 4½ oz (1 wedge)
Oven: 350°F *Bake:* 17–20 minutes

Ingredient	*Amount*	*Procedure*
Onions, thinly sliced Olive oil	12 lb (EP) 2½ cups	Using a covered pan, fry onions in oil on low heat, 200°F, until reduced in bulk. Uncover and continue cooking on very low heat until onions are browned and dry (12 lb fresh sliced onions will yield approximately 4 lb after cooking).
Roasted Red Bell Peppers, diced (p. 278) (see Notes) Salt	1 lb (EP) 1 oz	Stir peppers and salt into cooked onion.
Eggs	60 (6 lb 12 oz)	Break eggs into bowl. Beat until blended.
Parmesan cheese, shredded Black pepper	6 oz 2 tsp	Add onion mixture, cheese, and pepper into eggs. Stir to mix.
Fresh basil, torn into small pieces	4 oz	Add basil to egg mixture. Mix lightly.
Butter, melted	12 oz	Pour 2 oz butter into six 13-inch round pizza pans. Scale 2 lb 4 oz of egg mixture into each pan. (Stir often while scaling in pans to keep the vegetables evenly distributed.) Bake at 350°F for approximately 20 minutes or until eggs are set and top has some brown speckling beginning to occur. Cut into eight wedges.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 270 mg	**90%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**19%**	**Calcium**	**9%**
Sat. Fat 4 g	**21%**	**Sodium** 350 mg	**15%**	Fiber 2.3 g	**9%**	**Vitamin C**	**43%**	**Iron**	**7%**
Protein 10 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Use freshly shredded Parmesan cheese.
- Frozen roasted peppers may be substituted for freshly roasted peppers. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- 6 oz reconstituted sun-dried tomatoes can be substituted for 6 oz of the roasted red peppers.
- Frittata can be cooked in an ovenproof 10-inch sauté pan. Melt 2 Tbsp butter in pan. When butter begins to foam, pour 1 lb 3 oz of egg mixture into pan. Turn heat to very low and cook until eggs are set on the bottom and only slightly runny on the surface. Put pan under broiler until eggs become set but not browned. Cut into four wedges.

QUICHE

Yield: 48 portions or 12 8-inch quiches *Portion:* ¼ quiche
Oven: 375°F *Bake:* 25–30 minutes

Ingredient	Amount	Procedure
Flour, all-purpose Salt Shortening Water, cold	1 lb 13 oz 1 Tbsp 1 lb 4 oz 1¼ cups	Make pastry according to directions on p. 223. Line 12 8-inch pie pans with pastry, 5 oz per pan. Partially bake shells at 375°F for about 10 minutes.
Eggs Cream or half-and-half Milk Salt Pepper, white	30 (3 lb 4 oz) 2 qt 2 qt 1½ tsp ½ tsp	Beat eggs. Add cream, milk, and seasonings.
Swiss cheese, grated Bacon, chopped, cooked, and drained, or ham, finely diced	3 lb 1 lb	Sprinkle partially baked shells with Swiss cheese, 4 oz per pie, and bacon or ham, 2 oz per pie. Pour egg mixture into shells, 15 oz (approximately 2 cups) per pie.
Parmesan cheese, grated	8 oz	Sprinkle with Parmesan cheese, 2 Tbsp per pie. Bake until custard is set and lightly browned, 180°F internal end-point temperature.

Approximate nutritive values per portion **Calories** 473

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 35 g	**54%**	**Cholest.** 189 mg	**63%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**20%**	**Calcium**	**44%**
Sat. Fat 15 g	**76%**	**Sodium** 589 mg	**25%**	Fiber 0.5 g	**2%**	**Vitamin C**	**6%**	**Iron**	**8%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Mushroom Quiche.** Delete bacon or ham and Parmesan cheese. Sprinkle 3 lb sliced fresh mushrooms and 8 oz fine chopped onions sautéed in 4 oz margarine over bottoms of shells, approximately 4 oz per pie.
- **Sausage Quiche.** Substitute 1 lb cooked, drained sausage (1 lb 12 oz AP) for bacon or ham.
- **Seafood Quiche.** In place of bacon, use 3 lb flaked crab meat, shrimp pieces, or other seafood, 1 lb sliced fresh mushrooms, and 12 oz finely chopped onions sautéed in 4 oz margarine. Scale approximately 5 oz per pie. Delete Parmesan cheese.
- **Swiss Spinach Quiche.** Delete bacon or ham and Parmesan cheese. Increase Swiss cheese to 6 lb. Add 3 lb 8 oz chopped spinach, well drained. Add 1 tsp nutmeg.

LEEK AND ROASTED PEPPER QUICHE

Yield: 50 portions or 10 9-inch quiches *Portion:* 1/5 quiche
Oven: 325°F *Bake:* 60 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening Salt Water, cold	3 lb 2 lb 1½ oz 1½–1¾ cups	Make pastry according to directions (p. 223) Line 10 9-inch pie shells.
Mushrooms, coarsely chopped Butter	5 lb 4 oz (AP) 8 oz	Sauté mushrooms in butter until softened and liquid has evaporated. Weight after sautéing should equal 2 lb. Reserve for later step.
Butter Onions, coarsely chopped Leeks, thinly sliced	8 oz 12 oz (EP) 2 lb 12 oz (EP)	Sauté onions in butter until tender and slightly browned. Add leeks and continue cooking until wilted.
Roasted Red Peppers, coarsely chopped (p. 278)	1 lb 4 oz	Add mushrooms reserved from earlier step and roasted peppers to sautéd onions. Scale 10 oz vegetable mixture in each quiche shell.
Swiss cheese, shredded Flour, all-purpose	3 lb 12 oz 4 oz	Toss cheese with flour. Sprinkle 6 oz cheese over vegetables in each pan.
Egg whites Eggs, whole beaten slightly	12 oz 2 lb 12 oz	Whip egg whites until frothy. Add whole eggs and blend until just mixed.
Milk Pepper, white Pepper, crushed red	1¾ qt ¾ tsp ¾ tsp	Combine eggs, milk, and spices. Scale 11 oz of egg-milk mixture over cheese in each pan (approximately 1½ cups). Set pans on 18 × 26 × 1-inch pan. Bake at 325°F until quiche reaches 180°F, about 1 hour.

Approximate nutritive values per portion **Calories** 550

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 40 g	**61%**	**Cholest.** 160 mg	**53%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**29%**	**Calcium**	**34%**
Sat. Fat 16 g	**82%**	**Sodium** 940 mg	**39%**	Fiber 2g	**8%**	**Vitamin C**	**47%**	**Iron**	**16%**
Protein 19g				Sugars 4g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

Variation

- **Vegetable Quiche.** Thaw 1 lb frozen broccoli cuts in a colander. Drain. Steam 1 lb finely chopped carrots. Drain. Mix vegetables together. Combine 4 lb 12 oz shredded processed Swiss cheese and 5½ oz flour. In each quiche shell, scale 8 oz cheese then 3 oz drained vegetables. Prepare the liquid by whipping 1 lb egg whites until frothy and mixing with 3 lb 12 oz slightly beaten whole eggs. Add 5 lb 10 oz milk, 1 tsp nutmeg, and 2 tsp white pepper. Proceed as for Leek and Roasted Vegetable Quiche.

DEVILED EGGS

Yield: 50 portions *Portion:* 2 halves

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	50	Peel eggs. Cut in half lengthwise. Remove yolks to mixer bowl. Arrange whites in rows on a tray.
Milk	½ cup	Mash yolks, using flat beater. Add milk and mix until blended.
Mayonnaise or salad dressing Salt Dry mustard Sugar, granulated Vinegar, cider	1½ cups 1 Tbsp 2 tsp 1 tsp ½ cup	Add remaining ingredients to yolks and mix until smooth. Refill whites with mashed yolks, approximately 1½ Tbsp for each half egg white. Sprinkle with paprika (optional). Chill quickly (within 4 hours) to below 41° F.

Approximate nutritive values per portion **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	12%	**Cholest.** 215 mg	72%	**Total Carb.** 3 g	1%	**Vitamin A**	10%	**Calcium**	3%
Sat. Fat 2 g	10%	**Sodium** 242 mg	10%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	4%
Protein 6 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Pastry bag may be used to fill egg whites. Yolk mixture should be smooth and creamy. Use plain or rose tip.
- 6 oz finely chopped pimientos may be added to yolk mixture.

Variations

- **Dilled Eggs.** Combine 1¾ qt vinegar, 1¼ qt water, 1 Tbsp dill weed, 1 tsp white pepper, 1 oz (1½ Tbsp) salt, ¼ tsp dry mustard, 1 Tbsp onion juice, and 3 cloves garlic. Pour over peeled, hard cooked eggs. Cover tightly and refrigerate overnight.
- **Hot Stuffed Eggs.** Proceed as for Deviled Eggs. To mash egg yolks, add 3 oz melted margarine or butter, 2 tsp salt, ⅛ tsp cayenne pepper, 1 Tbsp prepared mustard, 1 lb ham, minced. Arrange stuffed eggs in two 12 × 20 × 2-inch baking pans. Cover with 1 gal white sauce (p. 560), 2 qt per pan. Bake at 325°F for 30 minutes. Sprinkle with chopped parsley. Ham may be added to the white sauce instead of to egg yolks.
- **Pickled Eggs.** Combine 3½ cups beet juice, 3½ cups vinegar, 12 oz granulated sugar, and ¼ tsp salt. Stir until sugar is dissolved. Pour over peeled, hard-cooked eggs. Cover tightly and refrigerate overnight.
- **Smoked Eggs.** Combine ½ cup soy sauce, 1 Tbsp salad oil, 1 tsp liquid smoke, 5 tsp granulated sugar, and 1¼ cups water. Pour over peeled hard cooked eggs. Marinate for 2–3 hours. Stir eggs occasionally to keep them moistened with marinade.

CHEESE BALLS

Yield: 50 portions or 150 balls *Portion:* 3 balls
Deep-fat fryer: 360°F *Fry:* 2–3 minutes

Ingredient	*Amount*	*Procedure*
Cheddar cheese, shredded	9 lb	Mix cheese, flour, and seasonings.
Flour, all-purpose	8 oz	
Salt	2 Tbsp	
Pepper, cayenne	few grains	
Egg whites	48 (3 lb 8 oz)	Beat egg whites until stiff. Fold into cheese mixture. Shape into balls 1–1¼ inches in diameter or dip with No. 30 dipper onto trays or baking sheets. Chill.
Eggs, beaten	6 (10 oz)	Combine eggs and milk.
Milk	2 cups	Dip cheese balls in egg mixture, then roll in crumbs.
Bread crumbs	1 lb 8 oz	Chill for several hours.
		Fry in deep fat for 2–3 minutes. Serve immediately.

Approximate nutritive values per portion **Calories** 429

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 29 g	**44%**	**Cholest.** 112 mg	**37%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**27%**	**Calcium**	**62%**
Sat. Fat 18 g	**89%**	**Sodium** 927 mg	**39%**	Fiber 0.6 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 27 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Cool leftovers quickly (within 4 hours) to an internal temperature below 41°F. See p. 44 for recommended cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve cheese balls in center of hot buttered pineapple rings, three per serving.
- For serving as first-course accompaniment, use half the recipe and shape into balls ½–¾ inch in diameter. Yield: 150 balls.
- For two cheese balls per portion, use No. 24 dipper. Yield: 40 portions.

CHEESE SOUFFLÉ

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 300°F *Bake:* 55–60 minutes

Ingredient	Amount	Procedure
Margarine Flour, all-purpose Salt	1 lb 4 oz 10 oz 1 tsp	Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	3 qt	Add milk gradually, stirring constantly with wire whip. Cook until thick.
Egg yolks, beaten	38 (1 lb 8 oz)	Add egg yolks to white sauce, stirring constantly. Cook for 2 minutes.
Cheddar cheese, shredded	1 lb 8 oz	Add cheese to sauce and stir until cheese is melted. Remove from heat.
Egg whites Cream of tartar	38 (2 lb 12 oz) 2 tsp	Add cream of tartar to egg whites. Beat until stiff, but not dry. Fold into cheese mixture.
		Scale mixture into two 12 × 20 × 2-inch baking pans, greased only on the bottoms, 6 lb 12 oz per pan. Bake at 300°F for 55–60 minutes or until set. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 205 mg	**68%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**37%**	**Calcium**	**20%**
Sat. Fat 7 g	**37%**	**Sodium** 323 mg	**13%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 11 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with Cheese Sauce (p. 561), Fresh Mushroom Sauce (p. 566), or Shrimp Sauce (p. 562).

Variation

- **Mushroom Soufflé.** Add 1 lb chopped mushrooms and 5 oz chopped green peppers to uncooked mixture. Serve with Béchamel Sauce (p. 562).

CHEESE AND BROCCOLI STRATA

Yield: 56 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 325°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Bread slices, dry	2 lb	Cut bread into 1½-inch cubes. Set aside.
Broccoli cuts, frozen	5 lb	Cook broccoli until tender.
Cheddar cheese, shredded	2 lb	Layer as follows in each pan: 8 oz bread cubes 2 lb 8 oz broccoli 1 lb cheese 8 oz bread cubes
Eggs, beaten Milk Salt Prepared mustard Hot pepper sauce	9 doz (12 lb) 1 gal 2 oz 3 oz (6 Tbsp) 1½ tsp	Combine eggs, milk, and seasonings. Pour 1¼ gal into each pan. Smooth down evenly.
Paprika	½ tsp	Sprinkle with paprika, ¼ tsp per pan. Set each pan in another counter pan containing 3 cups hot water. Baked uncovered at 325°F until custard sets, approximately 1–1½ hours, 180°F internal end-point temperature. Cut 4 × 7.

Approximate nutritive values per portion **Calories** 307

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 441 mg	**147%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**34%**	**Calcium**	**28%**
Sat. Fat 8 g	**40%**	**Sodium** 784 mg	**33%**	Fiber 2 g	**7%**	**Vitamin C**	**28%**	**Iron**	**13%**
Protein 21 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Baking time may be reduced if milk mixture is warmed to 140°F before baking.
- May be served with 1 oz Cheese Sauce (p. 561).

BROCCOLI AND CHEESE CASSEROLE

Yield: 48 portions or 4 pans 12 × 10 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Eggs Flour, all-purpose	27 (3 lb) 12 oz	Beat eggs and flour together, using a wire whip, until smooth.
Broccoli cuts, thawed, drained	6 lb 4 oz	Drain, then weigh. Fold into the egg-flour mixture.
Cottage cheese, low fat, drained Cheddar cheese, shredded Salt	10 lb 5 lb 6 oz 2 Tbsp	Drain cottage cheese, then weigh. Add cheeses and salt to eggs.
		Scale mixture into four greased 10 × 12 × 2-inch pans, 6 lb per pan. Bake at 350°F for approximately 1 hour 15 minutes or until a knife inserted near the center comes out clean, 180°F internal end-point temperature. Let stand 15 minutes. Cut 3 × 4.

Approximate nutritive values per portion **Calories** 372

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**33%**	**Cholest.** 182 mg	**61%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**30%**	**Calcium**	**47%**
Sat. Fat 13 g	**64%**	**Sodium** 1014 mg	**42%**	Fiber 0.2 g	**1%**	**Vitamin C**	**62%**	**Iron**	**9%**
Protein 31 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- May add topping of 3 cups bread crumbs mixed with ⅓ cup melted margarine and 6 oz Parmesan cheese. Add during last 15 minutes of cooking.
- May be garnished with fresh broccoli florets.
- For a vegetable, serve 4 oz portion.

WELSH RAREBIT

Yield: 50 portions or 6½ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt	10 oz 8 oz 1 oz (1½ Tbsp)	Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, shredded Dry mustard Worcestershire sauce Pepper, white	5 lb 2 Tbsp 2 Tbsp ½ tsp	Add cheese and seasonings to sauce. Cook over hot water until cheese is melted. Serve on toast or toasted buns.

Approximate nutritive values per portion **Calories** 290

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 58 mg	**19%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**19%**	**Calcium**	**42%**
Sat. Fat 12 g	**60%**	**Sodium** 571 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**3%**
Protein 14 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Welsh Rarebit with Bacon.** Serve rarebit over toast, with two slices cooked bacon and two slices fresh tomato.